

Keys for Success when Dinning Out

Dining out can be fun and enjoyable and doesn't have to ruin your waistline. Follow these tips below to help make sensible choices while still enjoying what you're eating. Remember: all foods can fit into a well balanced diet!

On the side: Order you dressings, toppings or sauces “on the side” so that you can control how much to use. When eating salads, dip your fork into the salad dressing first, then into your salad. You'll taste the dressing with every bite but not use nearly the amount of dressing you would have by pouring it on top of your salad.

Look for key words: On the menu look for words such as baked, broiled, steamed, poached or grilled. Often times these food choices will be lower in fat than pan-fried or deep fat fried foods.

Healthy side dishes: Choose side items that are lower in fat such as side salads, steamed vegetables, fresh fruit, baked potatoes or broth- based soups. These are healthier choices than the higher fat alternatives such as French fries, coleslaw or cream soups.

Go light on the beverage: Choosing water, unsweetened iced tea, coffee or diet soft drinks instead of regular soft drinks or alcoholic beverages can save you a lot of calories.

Share! Share! Share! Split an appetizer, meal or dessert with a friend and save half the calories. You can still enjoy the foods, but just with a smaller portion.